

# No Bake Energy Bites

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*From the Kitchen of  
Well Life with Miriam*

**Makes about 25 bites**

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## Ingredients:

- 1 cup dry oatmeal (Old Fashioned Oats)
- 2/3 cup coconut flakes
- 1/2 cup ground flax seed
- 1/2 cup semisweet chocolate chips (or non-dairy chocolate if needed)
- 1/2 cup peanut butter or almond butter
- 1/3 cup honey or agave nectar
- 1 tsp. vanilla

## Directions:

Stir all ingredients in a bowl until thoroughly mixed.

Cover and let chill in the refrigerator for half an hour.

Once chilled, roll into balls about 1 inch in diameter (the size of a large gum ball).

Store in an airtight container and keep refrigerated for up to 1 week.

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